

MANAGEMENT OF BEHAVIOR DISORDERS IN CHILDREN

DEFINITION

- A child is said to have behavioral disorder when he or she demonstrates behavior that is noticeably different from that expected in the school or community.

COMMON TYPES OF BEHAVIORAL PROBLEMS

- Feeding problems
- Habit disorders
- Speech problems
- Sleep problems
- Educational difficulties
- Emotional problems
- Antisocial problems
- Sexual problems

CAUSES

- Faulty parental attitude
- Inadequate family environment
- Mentally and physically sick or handicapped conditions
- Influence of social relationship
- Influence of mass media
- Influence of social change.

COMMON BEHAVIORAL DISORDERS

- Thumb sucking and nail biting
- TICS (habit spasm)
- Enuresis (bed wetting)
- Encopresis
- Pica (geophagia)
- Somnambulism
- Teeth grinding (bruxism)
- Stuttering
- School phobia
- Temper tantrums
- Breath holding spells
- Drug abuse

MANAGEMENT OF COMMON BEHAVIORAL DISORDERS

1. Setting

- Environment
- Attention
- Organization

2. Improving communication

3. Social skills development

- Social skills training
- Social stories
- Circle of friends and mentoring

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MANAGEMENT OF COMMON BEHAVIORAL DISORDERS

4. Managing feelings
 - Learning to identify feelings
 - Relaxation
 - Anger management
5. Increasing desirable behaviors
 - Positive reinforcement
 - Token system
 - Prompting
 - Shaping

USEFUL TIPS TO REMEMBER

1. Consistency
2. Generalization
3. Maintenance
4. Fading out prompts and reinforcement

NURSING RESPONSIBILITIES

- Nurses play a very important role for identification, prevention and management of behavioral problems in various age groups of children.
- Nurses should have more knowledge and skill with regard to behavioral problems in children.
- Nurses should help the parents, children and family members in various aspects of children problems.
- Identify the problems of the children through history collection from the child and parents of care givers.
- Instruct the care givers of the child to identify the cause of the problems in a particular child.
- Assist the parents, teachers and family members for making necessary changes in the home and school environment.
- Advise the parents and family members to encourage the changing of behavior of children.

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NURSING RESPONSIBILITIES

- Promote healthy emotional development of the child by adequate physical, psychological and social support.
- Should develop the awareness among parents about the behavioral disturbances during the developmental stage of the child.
- Provide counseling, teaching, problem solving methods to the children, parents and family members.
- Pediatric nurses, psychologist and social workers and other members of health team should participate in treatment of the problems in children.
- Organize child guidance clinic.
- Manage the behavioral problems of children through health care facilities, child guidance clinic, social welfare services, and support agencies.